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NEWS

Monday April 11, 2016

Building a Healthy Dayton

The seventh annual University of Dayton & Miami Valley Hospital Healthcare Symposium — "Building a Healthy Dayton One Connection at a Time" — will focus on meeting the physical, social, emotional and spiritual needs of patients and families.

The symposium, Saturday, April 23, at University of Dayton Kennedy Union, will kick off with a keynote address by Richi Manchanda of Physicians for Social Responsibility – Los Angeles. In his talk, "The Upstream Effect – What Makes Us Get Sick?," he will address root causes of illnesses, or the "upstream" factors like a poor diet, a stressful job or a lack of fresh air.

"Only 10 percent of health outcomes are influenced by health care, according to data from the World Health Organization. Fifty-one percent of health outcomes are due to patient behaviors and lifestyle, 30 percent to genetics, and 19 percent to the environment," said Kathleen Scheltens, director of the University of Dayton's premedical programs. "It can be argued that effective strategies for improving the health of communities will go beyond traditional medical practice, be done beyond clinical walls and involve connecting with community partners and resources."

The following breakout sessions will follow the keynote address:

* Advance Care Planning: Implementing the Dayton Model — Last year's symposium on advance care planning led to the development of a community-wide advance-care planning initiative. Details of this initiative will be presented along with guidelines and tools for promoting advance-care planning.

* Healthy Children — Addressing social needs to improve health outcomes, Dayton Children's Hospital is spearheading two clinical-community initiatives to address the social needs of patients and families.

These programs are focused on improving health where children live, learn and play.

* Guiding Patients toward Health and Wellness through Nutrition and Healthy Lifestyle — Dr. Joseph Scherger will discuss his book *Lean and Fit: A Doctor's Journey to Healthy Nutrition and Greater Wellness*. Scherger will describe developments in nutrition science and look at the interactions among genetic, environmental and lifestyle factors that can influence long-term health and complex, chronic disease.

Another afternoon session featuring healthcare professionals and students from graduate-level health professional schools will be geared specifically for undergraduate students planning a career in healthcare.

The event is open to health professionals and students interested in medical careers. Registration is required and costs \$50 for health care professionals and \$10 for students. The symposium is free to University of Dayton students, Wright State University Boonshoft School of Medicine students and Miami Valley Hospital resident physicians. To register, visit go.udayton.edu/udmvhsymposium. This activity has been approved for AMA PRA Category 1 Credit™ as well as continuing education credit for nursing and social work.

For more information, contact Kathleen Scheltens at 937-229-3545 or kathleen.scheltens@udayton.edu. For interviews, contact Shawn Robinson at 937-229-3391 or srobinson1@udayton.edu.

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